

## Steps Questionnaire

### INSTRUCTIONS

This questionnaire includes a number of statements about alcohol, drugs, alcoholism, and addiction. You are to read each statement and decide whether you disagree strongly, disagree moderately, disagree somewhat, neither agree nor disagree, agree somewhat, agree moderately, or agree strongly with what the statement says. For each item you are to circle the number that best describes your own opinions, feelings, or attitudes.

This is not a test. It is a survey of individual opinions. Consequently, there are no right or wrong answers. You simply indicate what you believe.

To begin this survey, please put your name and the date in the space provided below.

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Name (please print)

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Date

<div>-3 = Disagree strongly</div> <div>-2 = Disagree moderately</div> <div>-1 = Disagree somewhat</div> <div>0 = Neither agree nor disagree</div> <div>1 = Agree somewhat</div> <div>2 = Agree moderately</div> <div>3 = Agree strongly</div>							
1. I admit I am powerless over alcohol or drugs.	-3	-2	-1	0	1	2	3
2. The denial of his powerlessness over alcohol or drugs is the alcoholic's or addict's insanity.	-3	-2	-1	0	1	2	3
3. My life has become unmanageable because of alcohol or drugs.	-3	-2	-1	0	1	2	3
4. Saying I am powerless over alcohol or drugs is the same as admitting that I am a failure.	-3	-2	-1	0	1	2	3
5. My alcoholism or addiction affects every area of my life negatively.	-3	-2	-1	0	1	2	3
6. It is hard to admit I have no power over alcohol or drugs.	-3	-2	-1	0	1	2	3
7. When it comes to alcohol or drugs, I am licked.	-3	-2	-1	0	1	2	3
8. There is nothing I can do to change the fact that I'm an alcoholic or addict.	-3	-2	-1	0	1	2	3
9. No matter what I do, when I drink or use things get worse.	-3	-2	-1	0	1	2	3
10. I have tried all that I know to change my alcoholism or addiction, and it's useless.	-3	-2	-1	0	1	2	3
11. I cannot control my use of alcohol or drugs.	-3	-2	-1	0	1	2	3
12. I am at the end of my rope because of my drinking or using.	-3	-2	-1	0	1	2	3
13. I am ready to surrender to the fact that I can never drink or use again.	-3	-2	-1	0	1	2	3
14. The only alternatives I have if I keep drinking or using are total insanity or death.	-3	-2	-1	0	1	2	3

Steps Questionnaire

-3 = Disagree strongly							
-2 = Disagree moderately							
-1 = Disagree somewhat							
0 = Neither agree nor disagree							
1 = Agree somewhat							
2 = Agree moderately							
3 = Agree strongly							
15. I can never drink or use again, not even once.	-3	-2	-1	0	1	2	3
16. My fight with alcohol or drugs is over.	-3	-2	-1	0	1	2	3
17. I am defeated by my drinking or using.	-3	-2	-1	0	1	2	3
18. A Power greater than myself can restore me to sobriety.	-3	-2	-1	0	1	2	3
19. The source of my recovery lies in a Power greater than myself.	-3	-2	-1	0	1	2	3
20. Personal willpower is the only thing that is needed to recover from alcoholism or addiction.	-3	-2	-1	0	1	2	3
21. I believe in a Power greater than myself.	-3	-2	-1	0	1	2	3
22. If there is a Power greater than myself, it certainly has done nothing for my sobriety.	-3	-2	-1	0	1	2	3
23. Believing in a Power greater than myself is crucial to my recovery from alcoholism or addiction.	-3	-2	-1	0	1	2	3
24. All I have to do is understand myself and my alcoholism or addiction won't be a problem anymore.	-3	-2	-1	0	1	2	3
25. Willpower is all that is needed to control my drinking or using problem.	-3	-2	-1	0	1	2	3
26. If you do not believe there is a Power greater than yourself you will not be able to live without alcohol or drugs.	-3	-2	-1	0	1	2	3
27. Trying to patch up my life and hold it together, without believing in a Higher Power, was a waste of time.	-3	-2	-1	0	1	2	3
28. No amount of effort on my own can return me to sobriety.	-3	-2	-1	0	1	2	3

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-1 = Disagree somewhat							
0 = Neither agree nor disagree							
1 = Agree somewhat							
2 = Agree moderately							
3 = Agree strongly							
29. No human power can relieve my alcoholism or addiction.	-3	-2	-1	0	1	2	3
30. Belief in myself is all I need to solve my problem with alcohol or drugs.	-3	-2	-1	0	1	2	3
31. When it comes to my drinking or using, self-reliance will never be enough.	-3	-2	-1	0	1	2	3
32. If you want to stay sober or clean, you have to learn to run your life by yourself.	-3	-2	-1	0	1	2	3
33. I take full responsibility for everything that happens to me.	-3	-2	-1	0	1	2	3
34. I need to let my Higher Power run my life, with no strings attached.	-3	-2	-1	0	1	2	3
35. It is not necessary to understand a Higher Power in order to let it take over.	-3	-2	-1	0	1	2	3
36. Learning to have faith in a Power greater than myself seems impossible.	-3	-2	-1	0	1	2	3
37. "Let go—let God" is excellent advice for an alcoholic or addict.	-3	-2	-1	0	1	2	3
38. The consciousness of the presence of God is today the most important fact of my sobriety.	-3	-2	-1	0	1	2	3
39. I cannot imagine sobriety without faith.	-3	-2	-1	0	1	2	3
40. Unless I turn my will and life over to a Power greater than myself, I will never achieve and maintain sobriety.	-3	-2	-1	0	1	2	3
41. As an alcoholic or addict, I cannot manage my own life.	-3	-2	-1	0	1	2	3
42. Something is wrong with my life as I have been living it.	-3	-2	-1	0	1	2	3